



Scar Management

Scarring develops as part of the normal wound healing process. This can be due to injury or surgical incision. A scar forms during the healing process as the body produces collagen fibres to close and heal a wound. These collagen fibres do not grow in the same, consistent direction, and therefore are discoloured and can have an uneven texture.

Immediately following wound healing, a scar is usually red in appearance and is referred to as an 'immature' scar. Between 3 months and 2 years the scar should become paler, flatter and softer and can then be referred to as a 'mature' scar.

Following trauma or surgery, scarring can become sore and hypersensitive. Scar tissue can also become raised, develop tightness and form adhesions (tethering to tendon, muscles, bone, etc) reducing movement. There are a variety of treatment options to prevent and treat these issues. These include;

Scar Massage:

Scar massage helps to increase blood circulation and promotes collagen remodelling by applying pressure to the scar. Scar massage can help to soften and flatten the scar tissue, reduce hypersensitivity and prevent the scar adhesions. Initially your scar may feel sensitive and tender

when touched. Massage will gradually help to resolve this. Massaging your scar involves rubbing and moving the skin and underlying tissue in a firm manner. When massaging, use a non-perfumed moisturising cream such as, sorbolene or vitamin E cream. This will help moisturise the scar. Using your thumb, massage the scar in slow circular motions. We recommended massaging your scar **3-4 times a day for approximately 5-10 minutes.**

Silicone Gel Sheets:

Apply to clean, dry skin. Wash gel daily with soap and water. Air dry completely. Store on plastic backing when not in use. Replace when the gel loses its adherence.

Compression:

Providing pressure to an immature scar helps prevent the tissue from becoming raised and thick. Compression also helps to flatten already raised scars. Compression includes, compressive gloves, tubigrip, coban, tapes and silicone gel sheets (discussed above).

Precautions:

Scars do not contain the normal pigments that protect skin from UV rays and therefore, burn more easily. Therefore, avoid excessive sun exposure while the scar is still immature (i.e., pink or red, thick, itchy or sensitive). Sunlight can burn the fragile scar and darken its colour, affecting the cosmetic results.